



## Think water is boring? **Think again!**

Making your own infused water is a great – not to mention tasty – way to help you drink more water and stay hydrated. Believe it or not, you can infuse water easily with fruit, vegetables, herbs and spices. The possibilities are endless!

### What you will need:

- Fruit** Whatever you like, except bananas. Choose ripe fruits to get the best sweetness and flavor.
- Vegetables** Popular examples include cucumber, celery, and carrots.
- Container(s)** You can make and/or store your infused water in individual glasses or mason jars, reusable water bottles, pitchers, or beverage dispensers.
- Water** Choose Minneapolis tap water! It's clean, great-tasting, and costs a lot less than bottled drinks.

*\*If you're feeling adventurous, try adding herbs and spices, a surprising complement to fruit flavors!*

### Are you ready to go? Here are some popular and easy flavor combinations:

- ◆ All citrus: orange + lemon + lime
- ◆ Strawberries + lemon + basil
- ◆ Strawberries + lime + cucumber
- ◆ Strawberries (or other berries) + pineapple
- ◆ Strawberries + pineapple + orange
- ◆ Strawberries + kiwi (remove the kiwi's skin)
- ◆ Orange + pineapple
- ◆ Orange + blueberries
- ◆ Orange + peaches + blueberries
- ◆ Blueberries + lemon
- ◆ Blueberries + peaches + lemon
- ◆ Cucumber + mint
- ◆ Cucumber + lemon
- ◆ Cucumber + lemon + cranberries
- ◆ Cucumber + orange + cranberries
- ◆ Sliced grapes + pineapple
- ◆ Watermelon + mint (or basil)
- ◆ Mango + berries of your choice



**Don't be afraid to be creative and make up your own recipes!**